

Types of Stretching

- a) Ballistic – stretch through movement ROM (dynamic)
- b) Static- a stretch without moving the joint angle
- c) PNF ~~Proprioceptive~~ Neuromuscular Facilitation
Proprioceptive

Contract Relax

Combinations of alternating contract and relaxation (stretches)

ie push heel into the ground, stretch hamstring after

- ♦ goal is to adjust the stretch reflex (ROM)

Muscle Spindles respond to length and will initiate a contraction to maintain a desired length. By holding the stretch you are overcoming the Muscle Spindle Control allowing the muscle to lengthen permanently (15 sec)

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Golgi Tendon Organs found in tendons respond to tension (length and force) when stimulated will *cause a muscle to relax*. They are the 2nd phase of protection.

Will allow a first degree sprain/ strain or tear but will help to avoid a 3rd degree injury (complete rupture)

Strain- is a stretch tear or rip of the muscle or adjacent tissue

Sprain- mainly involves ligamentous and capsular tissue of a joint

Heat, Ice Warm-up all increase effectiveness of stretching to increase ROM (range of motion)

- note only warm-up has an effect on decreasing injury

Typically 30 sec stretch is sufficient for most people, however, you may require increased time or repetition for some people

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